



JET 48 Vol. 30 No. 1 Friday, Jan. 10, 2003

WEEKLY NEWSMAGAZINE

Brig. Gen. John T. Brennan 48th Fighter Wing commander

Maj. Francisco G. Hamm Public affairs chief

Master Sgt. Will Ackerman Public affairs superintendent

JET 48 STAFF

1st Lt. Chris Watt Chief of internal information

Staff Sgt. Tiffany Jeltema Editor

Senior Airman Jeff Hamm Assistant editor

> **Tabby Casto** Jet 48 intern

HOW TO REACH US

Submissions

Email: jet.48@lakenheath.af.mil

DSN: (314) 226-2151 Fax: 44+(1638) 525 637 Phone: 44+(1638) 525 640

Editorial office: Jet 48, Unit 5210 Box 215, APO AE 09464

All correspondence should include the writer's full name, address and telephone number, and may be edited for clarity and space

Deadline for submissions to the Jet 48:

- Noon Wednesday, ten days prior to publication Noon Monday prior to publication for weekend
- events with advance notice to editor.

Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photographs are Air Force photos unless otherwise indicated. The public affairs office reserves the right to edit all material submitted for publication.

Advertising

For advertising rates and information, call 44+(1428) 609 920

The Jet 48 is published by Forest Publishing (E.A.) Ltd., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 48th Fighter Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the Jet 48 are not necessarily the views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Forest Publishing (E.A.) Ltd, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

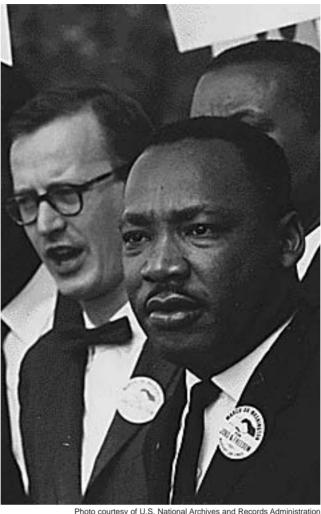


Photo courtesy of U.S. National Archives and Records Administration

Feature Story

Reflecting on the principles of racial equality and nonviolent social change advocated by Dr. Martin Luther King Jr.

--Page 11

A GLANCE

COMMANDER'S FORUM

* Readiness a top priority

- ❖ Most airmen given two additional years to serve
- Pets not out of quarantine yet

12-13 COVER STORY

❖ The Voice of Liberty: Jet 48 celebrates 50 years of news

14 Sports&fitness

High School winter sports schedule

21 PERSPECTIVES

- * Keeping the balance in our lives
- ❖ 2003 brings change to the *Jet 48*

22 COMMUNITY

- * RAF Lakenheath's Baby New Year
- Movies: hobbits or cops and robbers tonight?

ON THE COVER

Cover graphic illustrates the changing face of the Jet 48 over the last 50 years. Graphic designed by Tech. Sqt. Robert Talenti, 48th Communications Squadron multimedia office. Research provided by Tech. Sgt. Gregory Henneman, 48th Fighter Wing historian. See pages 12 and 13 for story.

PAGE 3 JET 48 MAGAZINE JAN. 10, 2003

T3/T/03

Jet48Commander's Forum

Readiness a top priority ie new

BY BRIG. GEN JOHN T. BRENNAN

48TH FIGHTER WING COMMANDER

I hope you all had a safe and happy holiday season. Now that we're all back and looking forward to the year ahead, I want to take a moment to explain my top priorities for the wing in 2003. Our top priorities are aligned with USAFE's: fighting and winning the global war on terrorism; providing quality expeditionary combat support; providing facilities, infrastructure, and quality-of-life improvements; and safe-

Last year, Liberty Wing warriors played a major role in the global war on terrorism supporting our nation's efforts in Operations Northern Watch, Southern Watch and Enduring Freedom. This year will see us continuing to play a major role fighting this war. Our enemy is relentless in undermining our efforts to ensure human dignity; therefore, we must be relentless in our efforts to preserve that dignity by ensuring we win the war against terrorism. We must remain vigilant and continue the force protection measures we put in place last year. These measures are not likely to be reduced any time soon, and could possibly be increased. In addition, we must also remain prepared to support additional taskings in conjunction with the global war on terrorism.

Our goal this year is to assign every military member to a specific Air and Space Expeditionary Force, with the aim that everyone will know which AEF they're in and be ready to go when called. If you aren't currently in an AEF bucket, you will be. When complete, this should provide some predictability to when you will be subject to deployment and more fairly spread the deployment tempo across all active-duty members. As we do this, we will continue to focus on making sure our people are trained and ready both medically and personally. We must all continually assess our readiness and take action now to ensure we are ready to go when called, and our families are prepared and able to take care of themselves in our absence.

Our first planned opportunity to demonstrate our readiness and proficiency in war fighting skills occurs this March, when the NATO inspection team visits us to conduct a tactical evaluation. The practices we've had in the last few months have provided us a road map for improvement. I'm

confident in our abilities to tackle those items that need fixing and tune up those areas that need to be improved upon. We've got one more practice opportunity in February to prove to ourselves that we're ready to show NATO, once more, how great Team Liberty is.

In order for the Air Force to retain hard-working and dedicated professionals such as yourselves, we must ensure you have quality facilities and infrastructure to live and work in. This year promises to be a great year for us as we spend \$12 million on a commissary addition and renovation, open up a larger movie theater, open the new Consolidated Support Complex to move closer to one-stop shopping for many of our customer service organizations, begin work on a new \$22 million middle school at RAF Feltwell, and tear down 50-year old Phase III housing units this September to replace them with houses that meet modern standards and expectations. There will continue to be a lot of construction going on throughout the base this year. In fact, we currently have more than \$90 million in ongoing projects, with \$200 million more soon to follow. I ask for continued patience as we temporarily re-route traffic patterns and suffer other inconveniences while we improve our base for us and those who follow.

With the many challenges we will face this year, it is critical that we all work together as part of Team Liberty. We cannot afford to lose one of our team members due to unsafe behavior. Along with vigilance in force protection, we need to be vigilant while traveling during this winter season. The snow and ice have arrived, and with it we must adjust our driving habits, most importantly our speed. Please take the time and effort to drive safely; your supervisors and I would rather you were late to an appointment because you drove safely than have to send rescue crews to your aid because you didn't. Whether at work, home or leave, with co-workers or with family, safety is a major part of staying mission-ready. Please think safety in everything you do and remind your family and friends to play it safe—our nation needs all of us.

As we enter this new year, we have much to be thankful for, especially for our family, our friends and our way of life. At the same time, it is our responsibility to preserve our freedoms and deter others from undermining them. Our nation continues to rely on us to protect her; I need each and every one of you prepared to the fullest to do our part. I look forward to another great year for Team Liberty and serving with you on this great team.

YOUR LINK TO THE COMMANDER

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 7-2324, tax 7-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.

48th Fighter Wing commander

PAGE 4 JET 48 MAGAZINE JAN. 10, 2003



Liberty Varrior



Photo byStaff Sgt. Charlene Carl Staff Sgt. Corlis R. Ferguson 48th Dental Squadron

housing issue

Hometown: Rosevine, Texas Time in service: 16 vears Time on station: Two years Role in mission: Dental lab iournevman Hobbies: Golf **Favorite book:** The Bible How do you contribute to the wing mission? | help maintain a dental-ready force.

What do you like best about the Air Force? Travel opportunities. If you could change one thing about

the Air Force, what would it be?
Higher pay, better housing for airmen.
What do you like most about being in the United Kingdom? I got to play golf at St. Andrews, Scotland.
How would you improve life at RAF Lakenheath? I would fix the current

How do you fulfill core values? Service before self, because the patient or customer comes first. What was the last book you read? "Eagles Fly" by John Arcovio.

Pets still require quarantine license

BY MAJ. MICHELE DEWERTH

3RD AIR FORCE PUBLIC AFFAIRS

ROYAL AIR FORCE MILDENHALL, England — Cats and dogs coming into the United Kingdom from the United States must still be licensed into quarantine, according to British Department for Environment, Food and Rural Affairs officials.

The U.K. government extended the Pet Travel Scheme to the United States as of Dec. 11, however, DEFRA officials acknowledge that in these initial months, when official certification is not available or there are no approved routes and carriers, all cats and dogs must first be licensed into quarantine,

and the owner can then apply for early release. If all of the PETS program procedures are followed, the quarantine could be as little as five days.

This program is a vast improvement for the quality of life of pets and pet lovers alike, said David Feehan, chief of international law at 3rd Air Force, who has been involved in the process since the program's inception.

"We're extremely

pleased that the British government has now included the U.S. in the PETS program," Feehan said. "This can significantly reduce the time that owners are separated from their pets, as well as significantly reduce the out-of-pocket expense incurred by the traveler."

The process takes nearly seven months to complete, and includes micro-chipping, a rabies shot and a blood test 30 days later. Six months after a blood test with successful results, the animal can leave the United States and enter the United Kingdom without having to spend six months in quarantine.

For the complete list of procedures and requirements for the PETS program, go to www.defra.gov.uk.



Photo by Maj. Francisco G. Hamm

Marathon (left), and Sombra, recently completed the PETS travel scheme by spending six months in Germany while their family PCSed to RAF Lakenheath in June.

Air Force changes high year of tenure

BY MAJ. JOHN J. THOMAS

AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Airmen serving in most enlisted ranks now have an additional two years available to serve on active duty.

The change, effective Jan. 1, and approved by the secretary of the Air Force recently, is part of an initiative to retain enlisted people's skills and experience, Air Force Personnel Center officials here said.

The revised high-year-of-tenure policy means senior airmen can serve up to 12 years of total service; technical sergeants up to 24 years; master sergeants up to 26 years; and senior master sergeants up to 28 years. Remaining unchanged are staff sergeants at 20 years and chief master sergeants at 30 years.

This will impact approximately 24 people at RAF Lakenheath, according to Capt. Julia Reid, acting 48th Mission Support Squadron Military Personnel Flight commander.

Seen as a good option for most airmen, later HYT dates may affect the status of assignments, promotions, re-enlistments and evaluations for thousands of enlisted members, said officials.

"No one will be forced to stay longer, but a lot of people will be able to — if it fits their plans," said Master Sgt. Mike Hall, superintendent of retirements here. "We encourage everyone near their high year of tenure to visit their local military personnel flight, especially those with planned or pending assignments, separations or retirements."

In the case of senior airmen, HYT dates will automatically be extended to 12 years, regardless of any scheduled separation date after Dec. 31.

Those planning to leave the service soon may be allowed to continue to serve at their current duty location or be reassigned, based on Air Force needs, officials said.

Airmen who have already spent government funds associated with a separation or retirement will be exempt from the changes, officials said. Typically that includes people who have already shipped household goods, a car, or if their families have already moved using government funds.

"This policy change gives the Air Force the flexibility to keep our experienced people longer. It's the right thing for the Air Force since we are a retention-based force," said Maj. Gen. John Speigel, who is in charge of personnel policy at the Air Staff.

"It should help us alleviate increased stress on some of our career fields and, at the same time, relieve some recruiting and training requirements."

"The system will not automatically set a person's retirement date based on the high year of tenure," he said. "And although members' HYT dates will be extended, that will not automatically extend their projected (dates of separation)."

Policies associated with years of service and high year of tenure will continue to be reviewed periodically to ensure they are meeting the needs of the Air Force and its people, officials said.

For more information, call the MPF customer service office at 7-5130.

JAN. 10, 2003 PAGE 7 JET 48 MAGAZINE

Tricare Central Region files stolen

WASHINGTON (AFPN) — Officials from the Tricare Management Activity announced Dec. 23 that computer equipment and files were stolen Dec. 14 from its Tricare Central Region health contractor, TriWest Healthcare Alliance Corp. in Phoenix.

TriWest contracts with the military health system to provide health services to servicemembers, their families and retirees. The equipment and files were used to deliver health-care services to beneficiaries residing in Colorado, Idaho, Iowa, Kansas, Minnesota, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah, Wyoming, Arizona, New Mexico, Nevada, and far western Texas.

The total impact of the theft is still being assessed and investigated by the Defense Criminal Investigative Service, FBI and other law enforcement agencies.

For further information, beneficiaries may call Tri West toll-free at (888) 339-9378 or e-mail questions to computertheft@triwest.com.



Photo by Staff Sgt. Tony R. Tolley

Catching the action

Senior Airman Jason Hill, a deployed videographer from RAF Lakenheath, assigned to the 321st Expeditionary Communications Squadron, documents the day-to-day operations of the 819/219th Expeditionary RED HORSE Squadron at a forward-deployed location in support of Operation Enduring Freedom. The squadron is currently working in this area of responsibility involving the largest runway repair project RED HORSE has ever conducted.

USAFE — a look back at 2002

BY CAPT. DANI JOHNSON

USAFE NEWS SERVICE

RAMSTEIN AIR BASE, Germany — More than 4,200 U.S. Air Forces in Europe members deployed worldwide in 2002. These deployments were only a part of what USAFE accomplished this past year.

According to Gen. Gregory S. Martin, USAFE commander, Operation Enduring Freedom and the global war on terrorism are without question the two most significant events during the past year. In Martin's opinion, the year 2002 for USAFE actually started in October 2001 when OEF began.

USAFE's role in Europe and U.S. European Command

The first event USAFE was involved in at the beginning of OEF was the humanitarian relief missions into Afghanistan from October to December 2001. All humanitarian relief and the supplies and equipment to the special operations forces came through the European theater, said Martin.

"While we were doing that, we had a noncombatant evacuation operation in the Central African Republic. We've had people responding in the Cote d'Ivoire with the French to stabilize a country near civil war."

The medical community also conducted

numerous exercises in the theater as well as training many countries, such as the Czech Republic and Hungary, in stress and disaster control techniques.

As the air component for U.S. European Command, USAFE has been active in numerous NATO exercises and operations throughout the year. For the first time in history, the Air Force, at the request of the Czech Republic government and in conjunction with the Czech air force, provided the air defense to the NATO Summit in Prague Nov. 21 to 22.

According to the general, USAFE will have a large role in embracing the new NATO members and teaching them our procedures, techniques, training and to work with them on their modernization priorities so they can begin to develop the same kinds of standards in their base structures we have benefited from.

USAFE's priority issues

"The first and most important priority for all of us has to be force protection whether on base, with our families or in deployed locations," said Martin. "Second is when we are not deployed, not engaged or haven't sent small teams forward to work on tactics, techniques and standards with some of the new (NATO and Partnership for Peace) nations, we will work on standard routine training activities."

The Air and Space Expeditionary Force concept is an important part of how USAFE does business. The Air Force focused first on getting the aviation packages scheduled into the 10 AEF "buckets," which has for the majority of airframes been accomplished. The second phase is to schedule the expeditionary combat support units.

"That (ECS) is where the difficulty is today, but we are beginning to understand it better and make some progress," said Martin. "This is where our communications, force protection, services, personnel and our civil engineers are — it's where our mission support group resides — and some of those specialties are undermanned for the number of bases we've established in the AEF construct.

"The third phase is changing our administrative, personnel, training and, sometimes, our assignment practices align with the AEF construct," said Martin. "The system has already recognized this and is beginning to change some things."

While many things have occurred in USAFE in the past year, Martin is quick to commend the men and women.

"As I think of the past year, it has gone very fast, and there has been a bunch of activities that people have been in involved in, but we have been served by some great Americans serving our Air Force in all those activities."

PAGE 8 JET 48 MAGAZINE JAN. 10, 2003

Vision of a new society

One soldier's battle for the American dream

By Staff Sgt. Charlene Carl < 48th Fighter Wing Public Affairs

MLK Day

birthday is Jan. 15, 1929, and is

observed as a federal legal holi-

day each year on the third

Monday of January. According

to the U.S. Congress, the day

should "serve as a time for

Americans to reflect on the prin-

ciples of racial equality and non-

violent social change advocated

by Dr. Martin Luther King Jr."

Dr. Martin Luther King Jr's

He was a man who stood for the American dream — that all men are created equal and the pursuit of happiness for all people. For his stand, he made the ultimate sacrifice — his life for the freedom of American people. This soldier of civil rights, Dr. Martin Luther King Jr., was shot and killed April 4, 1968, but his battle still wages on.

Across America and around the world, people of all races, religions and cultures struggle for equal treatment under the law and society. For

example, Afghanistan women strive to be seen as equal to men after the ousting of the

Taliban regime
which controlled
their land.
Cultures from
the United

States to Europe to Southwest
Asia struggle under terrorist's threat to live free of fear. To protect or receive equality, factions have resorted to war and fighting, and militaries stand guard to

protect their people.

Violence was not the way of King, an Alabama minister, who received the Nobel Peace Prize for his non-violent protest to the treatment of African-American people in the United States. Instead, he used his sermons, coordinated boycotts, organized marches, gave public speeches, served jail time and braved numerous death

threats to kill one of the last remains of slavery — segregation. At the time,

African-Americans had to attend separate schools, sit in separate sections of buses, trains and theaters and were barred from most hotels,

restaurants, toilets and drinking fountains.

King is most remembered for the Montgomery, Ala., bus boycott, one of the major turning points in American history. It started when Rosa Parks, an African-American woman, was arrested for defying a Montgomery bus driver's order to stand so a Caucasian man could have her seat. King urged his congregation to support Parks and join a bus boycott. The bus company suffered a drastic decline in profits, and 13 months later the U.S. Supreme Court ruled bus segragation unconstitutional. It was a wake-up call for every American that any kind of segra-

gation humiliated its people.

An eloquent speaker, King is also remembered for his speeches. Few people of his time could match his eloquence and delivery of words to cause action. Standing on the steps of the Lincoln Memorial in Washington, he

spoke his most memorable statement: "I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

These words are etched in American history forever.

His actions spurred many reactions throughout history and give credence to civil rights battles fought today. King's efforts assisted in the Supreme Court declaring segregation illegal and President Lyndon B. Johnson signing the Civil Rights Act of 1964, the Voting Rights Act of 1965 and the Civil Rights Act of 1968, to name a few accomplishments.

King is most notably remembered for being influential in securing the passage of laws that guarantee African-Americans the right to vote and live and work with dignity, but he was a champion for all people. His leadership trans-

> formed American attitudes toward all races, and upheld the promise of our forefathers for liberty and equality for all.

MLK luncheon

Date: Wednesday **Time:** 11:30 a.m.

Place: Galaxy Club at RAF Mildenhall Guest speaker: Lt. Col. Herbert E. Carter. Tickets: \$8.50 for club members/ \$10.50 for nonmembers. POC: Tech. Sqt. Jeannie

Caroway at 7-1307 or Senior Airman Shanika Alexander at 7-1360.

7-1360.

JAN. 10, 2003

PAGE 11 JET 48 MAGAZINE

Jet48**Features**

The voice of Liberty

Jet 48 celebrates 50 years of news

he last 50 years have been a period of For example, the wing started out as the 48th Fighter Bomber Wing June 25, 1952, then redesignated as the 48th Tactical Fighter Wing July 8, 1958, and finally the 48th Fighter Wing Oct. 1, 1991. This past September the wing went through another organizational change as it realigned its structure to be more expeditionary and ready for real-world missions. In addition, the 48th has flown seven types

of aircraft and moved from Chaumont Air Base. France to here.

However, one of the wing's few constants over the last five decades has been its base newspaper, the Jet 48. The first issue was published June 26, 1953, and has been the voice of the Statue of Liberty Wing ever since.

In the beginning

The first issue was an eight-page magazine, edited by Sergeant Stanley E. Ronnie. The wing's comptroller, Lt. Col. Wayne Willis, edited a trade magazine before

advisor.

Early editions were a challenge to publish due to language barriers between the Jet 48 staff and French publishers. In a world before computers, the type had to be set on linotype machines. However, none of the typesetters spoke English, which often led to inadvertent errors and strange hyphenation. Additionally, each photograph was sent 72 miles to Nancy, France, for photo engraving. This process took four to six days before the plates were ready for the printer.

Through the years

Change is inevitable and the *Jet 48* has had its fair share. Due to budget constraints, it took three years for the magazine to become a weekly in 1956. In its early days, it came out once every two to three weeks. When the French publishers went on vacation for three weeks

in August each year, the paper stopped. Then, the Jet 48 constant change for the 48th Fighter Wing. changed its format to broadsheet, or full-size newspaper, in 1955. For 25 years, the Jet 48 was published in this format, until it became the magazine we know today in 1982.

Todav's Jet 48

1/Lt John Schlimmer, OIS Officer (1) discusses

proofs with M. Franck, printer, as A/10 Norman

A. Oelhafen, Editor of the "Jet" looks on.

No matter how many times the Jet 48 changed in format or style, its purpose remains the same — to serve as the wing commander's voice to the wing and their families. The staff is expected to not only provide mission-essential information to keep readers informed

about the base, operational concerns, local community and military family related issues, but to also keep their ears to the streets. It's from there they can feel the pulse of the community and report news and feature stories on Air Force people and programs that affect operations and overall quality of life.

"The Jet 48 is my number-one communication tool," said Brig. Gen. John T. Brennan, 48th FW commander. "It represents an ability to project information to all our Team

entering the military and served as the newspaper's first Lakenheath members and their families using one 'Liberty Voice'

> Therefore, the Jet 48 staff ensures in-depth reporting and sources to provide the most credible and entertaining information. Wherever Team Liberty goes, Jet 48 staff follow to provide on-scene coverage and historical documentation.

"Information is key in today's world," said Maj. Francisco Hamm, 48th FW Public Affairs chief. "The Jet 48 is like no other wing-level magazine in the Air Force. The format, our mission and our creative approach to the publication combines to formulate a potent communication tool for the Team Lakenheath

Delivering 50 years of news is not easy, but each week the paper is delivered with the latest news and information. If it affects the Liberty Wing, the Jet 48 staff reports it to ensure the magazine's legacy as the voice of the Statue of Liberty Wing.



Jet Forty-Eight

wo Local Organizations Earn A ersonnel Services U.S. AIR FORGE POWER FOR P 'Best in USAFE'

Chaumont Air Base, Franc AF Lakenheath's 1969 Personnel Services ogram has been named the "best in the mand" by Headquarters, United States Air Improve Ejection Seat Some people claim they think mere clearly at multi-

Honor Graduate

Jet F JET-48 t

An 'Outsta

RAF LAKENHEATH, ENGLAND Jan. 9, 1970 Laket Air Force Replaces 5BX Tests With Aerobic Exercise System

Col. Gailer Named to Brig. Gen.

Seventeen Supervisors 6 Air Force Course in Man

By Tech. Sgt. Gregory Henneman and Staff Sgt. Charlene Carl

PAGE 133 JET 48 MAGAZINE



JAN. 10, 2003

PAGE 122 JET 48 MAGAZINE



Jet48Sports&Fitness

High School Winter Sports Schedules

Division I Boys/Girls Basketball Schedule

Today Lakenheath at International

School of Brussels,

Belgium

Saturday Lakenheath at ISB Jan. 17 Wuerzburg, Germany at

Lakenheath

Jan. 18 Wuerzburg at Lakenheath
Jan. 24 Lakenheath at Kaiserslautern.

Germany

Jan. 25 Lakenheath at Kaiserslautern

Jan. 31 Heidelberg, Germany at Lakenheath

Feb. 1 Heidelberg at Lakenheath

Feb. 7 Lakenheath at Wiesbaden, Germany

Feb. 8 Lakenheath at Wiesbaden

Feb. 20-22 European championships at Mannheim,

Germany



Saturday At Supreme Headquarters Allied Powers Europe,

Belgium

Lakenheath, Allied Forces North Europe, The Netherlands American School in London, Brussels, Belgium, Menwith Hill, London Central and Alconbury

Jan. 18 at London Central

Lakenheath, Alconbury, Menwith Hill and ASL



Photo by Jack Galloway

Volunteer coach Dustin Crocherty shows junior wrestler Nick Dybdahl a wrestling move during practice Monday.

Jan. 25 at Menwith Hill

Menwith Hill, London Central, Alconbury and Lakenheath

Feb. 1 at AFNORTH

Baumholder, Germany, SHAPE, Wiesbaden, Germany, Brussels, Lakenheath, London Central, ASL and Alconbury Feb. 8 Division 1 Championships at RAF Lakenheath.

For more sports schedule information, call the High School at 7-3115.

TRAINING 101

Exercise Advanced Hanging

Advanced suspended abdominal work

Muscles

Hip Flexors, Rectus Abdominis.

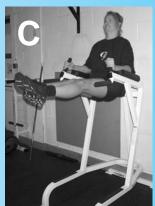
Position

Support upper body weight, keep good posture alignment and engage core muscles

Movement

Keep core muscles engaged, then contract abdominal to tilt pelvis toward shoulders, and continue to raise the legs in fluid movement until parallel. Don't rock. Return to start point and complete set. This exercise can be performed at various lower levels shown in previous editions.







Photos by Staff Sqt. Tiffany Jeltema

Lorraine Botwright is the base fitness program director. For more information about fitness activities and personal trainers, call 7-3607

SPORTS SHORTS

Master spinnin' class

Sign up now at the Fitness Center for six 30-minute spinin' classes, back-to-back, Saturday, 9:30 a.m. to 12:30 p.m. No admission fee. For details, call 7-2391.

MLK basketball tourney

The fitness center hosts a basketball tournament Jan. 18 to 20. Entry fees are \$75 per team by today, and \$85 per team after today. For details, call 7-2391.

Power lifting championships

The fitness center hosts the U.S. Forces Power Lifting Championships Feb. 8.

Valentine's Day sports

The base fitness center sponsors the following Valentine's Day activities:

5K Fun Run/Walk: Starts in front of the fitness center Feb. 15 at 10 a.m.

Racquetball tournament: Feb. 21 through 23. The players meeting is Feb. 21 at 5 p.m. and play begins at 5:30 p.m.

PAGE 14 JET 48 MAGAZINE JAN. 10, 2003

Jet48Perspectives

Keeping the balance in our lives

BY COL. JAMES KING

48TH DENTAL SQUADRON COMMANDER

As we find ourselves at the end of the holiday season and another year facing us, it's a good time to reflect and look forward, reassess where we are and in which direction we are headed. Have we accomplished the things we wanted or needed to do this past year in our job, our mission, our personal goals or our family goals? What do we want to do, or need to do, to be successful in our jobs and our personal lives in the coming year?

Most of us find ourselves busy with demands coming in from many different directions. The present tempo in the Air Force, especially here, requires we continually reassess how to meet the constant demands on our time. The juggling of priorities and responsibilities requires daily reevaluation of what is necessary to maintain the balance in our lives. I believe there are three keys in keeping this balance: the physical, mental and spiritual parts of our lives.

The first key is staying fit. If we're not physically fit we can't meet the Air Force mission required of us. It's easy to forget the importance of staying physically fit during the busy day-to-day demands on our time. The first thing to go in a busy schedule is usually exercise time. Lack of exercise, failure to get adequate sleep, poor nutrition, and tobacco or alcohol use all can prevent you from being able to do your very best.

Mental fitness goes hand-in-hand with keeping yourself physically fit. With the varying stresses and demands from work, home or school, our ability to cope with those demands determines how able we are to

succeed in the tasks each day. How do we stay mentally fit? It is essential we develop outlets to deal with those stresses. Taking time to exercise, read a book, get some fresh air, or just doing something for you can go a long way in handling the stresses of the day. There are also many programs on base to help you find an escape outlet when stress builds up.

Last of all, keeping everything in perspective helps maintain that important spiritual part of our lives. Maintaining a steady moral compass is important in being able to draw on that inner spiritual strength,

especially when challenges begin to be overwhelming. Having a personal belief system, and then drawing from those values, gives us the strength to maintain the values of integrity, duty and excellence.

This year, evaluate the important things in your life, maintain a balance in the demands around you, and set a goal to accomplish those things that will make you successful in the future.



Letter from the Editor

2003 brings change to Jet 48

BY STAFF SGT. TIFFANY JELTEMA

48TH FIGHTER WING PUBLIC AFFAIRS

It's a new year, and you can see people making necessary changes everywhere. You may have even noticed some today while looking at your copy of the *Jet 48*. During the two weeks the magazine wasn't published, we've changed several things we thought might improve our publication starting with the cover.

Under the *Jet 48* logo, you will soon see the "50th Anniversary" tag line. The first issue of the *Jet 48* was published in 1953, so this is our golden year. (See the story on page 12.)

When you open the paper, there is now a "Contents" page. Although our publication is small, we liked the idea of showcasing what we have to offer the readers each week. On this page you can also find how to make submissions or place advertisements.

Our weekly "Liberty Warrior" format has been modified but still serves to highlight an outstanding 48th Fighter Wing airman. The "Liberty Warrior" is on a rotating schedule in which each first sergeant nominates someone between the ranks of airman basic to technical sergeant to represent their squadron. If you know someone who is going above and beyond, please let your first sergeant know.

With a new base community relations adviser, Sal Davidson, we

thought it was time to update the look of "Discover Britain". Sal highlights topics unique to those living in United Kingdom each week. If you have questions about things to do or see here, call her at 7-3145 or e-mail Sal.Davidson@lakenheath.af.mil.

Our "Community" section briefs are now labeled the "Bulletin Board." Here you can find what's going on around base from theater productions and trips to classes and clubs.

We continue to print the usual sections – "Commander's Forum," "News," "Features" and "Perspectives" – to bring you stories from around the base. Also, awards, promotions, births, Articles 15 and DUI announcements are still published on a monthly basis.

If you have story ideas for the *Jet 48*, let your unit public affairs representative know. Each unit has a UPAR who in turn submits the ideas to us. If you cannot reach them, you can submit information by e-mailing Jet.48@lakenheath.af.mil. Our submission deadline is the Wednesday, ten days prior to publication.

We welcome your ideas, questions, comments and even complaints because we work for you – our readers – and if you're happy or not happy with what we're doing, we need to know. It's our job to make the *Jet 48* a magazine people want to read not just for the movie schedule but because it's a good publication with information people will value and enjoy. Help us bring you the news you want first!

JAN. 10, 2003 JET 48 MAGAZINE PAGE 17

Jan 10 13/1/03 2:48 pm Page 18



By Sal Davidson – Community Relations Adviser



Lots to do around Britain in 200

rell, its hard to believe that 2003 is already here! I trust you all had a Happy Holiday season and that you are raring to go in 2003. There are always lots of annual events going on around the country so I thought I would give you an early insight into these so you can plan ahead.

Chinese New Year 2003 – February 2

Centred on Gerrard Street and Leicester Square, London, this is a traditional celebration to bring in the Chinese New Year by members of the Chinese community with dragon dances, music, entertainment and much more. The Chinese Lunar New Year falls on Feb. 1 and it will be the

Year of the Sheep. Events occur from 11 a.m. to 6:30 p.m. Admission is free. The nearest tube station to the event is Leicester Square. For more information, call (02072) 871118.

Oxford and Cambridge Boat Race - April 6

Rivalry between these two great universities moves to the River Thames in the form of a boat race. The race starts at Putney and ends at Mortlake. The event is televised and many people will line the banks of the Thames to get a sight of the two teams battling it out. The start time depends on the tides but is typically around 4:30 p.m.

Flora London Marathon 2003 April 13

The marathon is run from Greenwich in the southeast of London to The Mall in the southwest and attracts both runners and spectators as well as receiving national TV coverage. Large amounts of money are raised for charitable organizations and the London Marathon has become the UK's most successful annual fund-raiser. For more information, go to www.londonmarathon.co.uk

Chelsea Flower Show – May 20-23

Britain is known as a nation of garden lovers, so it is no surprise to hear that this festival attracts garden lovers from all corners of the nation as well as overseas visitors. Tickets are much in demand so book early. Visit the Web site at

> www.rhs.org.uk Call (0870 90) 63781.

Biggin Hill International Air Fair - June 7-8

This event is always a crowd puller both for aviation enthusiasts and the general public. It looked like this show would not go ahead in 2003, but luckily the event was rescued by News Shopper newspaper. Once confirmed, further details will be posted on the following Web site: www.airdisplaysint.co.uk



Courtesy photo

The U.K. Army Air Corps Blue Eagles Display Team performed at the Biggin Hill International Air Fair in June. Event organizers are hoping to see them return in 2003.

Trooping the Colour - Date to be determined, but normally the second week in June

Perhaps the most spectacular ceremonial event in the capital's calendar, and certainly the most stunning military pageant anywhere in the world. It is performed by the Massed Bands and Troops of the Household Division (Grenadier Guards. Coldstream Guards, Irish Guards, Scots Guards and Welsh Guards together with the Household



Courtesy photo

Notting Hill Carnival takes place Aug. 24-25

Cavalry) plus the King's Troop Royal Horse Artillery. It marks Her Majesty the Queen's official (as opposed to real) birthday. On parade are 1,500 soldiers and more than 200 horses and nearly 500 musicians. Although tickets are very scarce and have to be applied for in January, you can get a good view from St. James's Park or along the Mall. The Queen leaves Buckingham Palace in a carriage at 10:40 a.m. and arrives at Horse Guards at 11 a.m. precisely.

Call The Mall Horse Guards for ticket information at (02074) 142271.

Royal Ascot – June 17-21

This is an event where dressing up means what it says at this world famous horse racing event week. Ladies Day is June 19, an occasion where the ladies need to find just the right outfit and a hat to match – what better reason to go shopping! Tickets are sold at various places on the Internet with various packages available.

Wimbledon Lawn Tennis Championships - June 23 - July 6

This is always a popular event with never enough tickets to satisfy demand. Tickets for Centre Court and Courts one and two are allocated by ballot, but tickets for other courts can be bought each day by lining up at the gates. Early arrival is recommended. For more information, goto www.wimbledon.org

International Henley Royal Regatta - July 2-6

The most prestigious social event in England, this is an occasion to sit back and enjoy Bucks Fizz, cream teas and picnics along the riverbank. Traditional dress for men is slacks, striped blazer (jacket) and always a straw boater (hat). For ladies it's their Sunday best dress and straw hat. It is also a time to spot all those famous celebrities who drop in and also to watch the rowing - the purpose of the event!

Notting Hill Carnival – August 24-25

This annual West Indian carnival takes place around Ladbroke Grove in London. The event brings together more than 1.5 million people over the two days of celebrations, which includes house parties, street performers, floats and live music.

For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations advisor, at 7-3145, or e-mail sal.davidson@lakenheath.af.mil.

JET 48 MAGAZINE PAGE 21 NOV. 1, 2002

Jet48Community



Classes

Marriage morning

The RAF Lakenheath chapel sponsors Marriage Morning, a conflict resolution class for couples, Jan. 25, 9 a.m. to noon. Sign up with a \$5 deposit (returned Jan. 25 morning) at the chapel by Jan 20. For more information, call 7-3711.

Yours, Mine and Ours

Family Advocacy offers a two-session parenting class for blended and step families Jan. 23 and Jan. 30, 11:30 a.m. to 12:30 p.m. in the Family Advocacy conference room. The class discusses family member roles, coping with these roles and behaviors. For details, call 7-8070.

Active parenting of teens

Four classes aimed at parents of teens is Feb 5, 12, 19 and 26, noon to 1 p.m. in the youth center teen room. Class topics include teen behavior and motivation, drug abuse prevention, parent-teen communication, discipline while instilling responsibility and more. For details, call 7-8070.

Marriage Conference

The 2003 Military Marriage Conference is March 7 to 9 at the Cambridge Crowne Plaza. Couples will learn to receive their spouses as a gift, resolve conflict relationships, express forgiveness to one another and improve other areas of their relationships.

Events

Martin Luther King Jr. Luncheon

The African-American Heritage Committee hosts the annual Martin Luther King Jr. luncheon Wednesday, 11:30 a.m. at the RAF Mildenhall Galaxy Club. The menu is Grilled Chicken Salad and rolls. Cost is \$8.50 for club members and \$10.50 for non-members. For tickets contact: 7-6291.

Home-School Geography Bee

The Home-School Student Geography Bee is Jan. 25 at the base chapel, 9 a.m. to noon, for all grades. All home school students are welcome.

Contemporary Praise and Worship

All are welcome to attend a contemporary praise and worship service with singer and composer Betsy Brown at the RAF Mildenhall chapel Sunday at 6:30 p.m. Sponsored by the Protestant Women of the Chapel.

AAHC seeks talent for show

The African-American Heritage Committee seeks singers, dancers, bands, comedians, etc., to participate in "Apollo Showtime," Jan. 26 at 2 p.m. in the RAF Mildenhall Box D Theater. Admission is \$3 for adults/\$2 for children.

UMUC offers scholarships

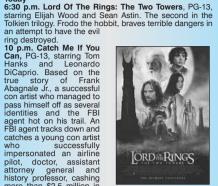
University of Maryland University College offers \$500 scholarships for undergraduate and graduate studies beginning March 31. Students receiving financial aid are eligible to apply. The education center has application details. Requirements vary, but all require an essay. Application deadline is Feb. 28. For applications and requirements call DSN 370-6762 or visit www.ed.umuc.edu

MOVIES

RAF Mildenhall 98-2351

Today 6:30 p.m. Lord Of The Rings: The Two Towers, PG-13,

catches a young con artist who successfully impersonated an pilot, doctor, assistant attorney general and history professor, cashing more than \$2.5 million in



fraudulent checks in 26 countries

fraudulent checks in 26 countries.

Saturday

2 p.m. Lord Of The Rings: The Two Towers, PG-13
6:30 p.m. Catch Me If You Can, PG-13
10 p.m. Brown Sugar, PG-13, starring Taye Diggs and Sanaa Lathan. Dre and Sidney can attribute their friendship to a single childhood moment. Now some 15 years later, as to a single childhood moment. Now some 15 years later, as they lay down the tracks toward their futures, hip-hop isn't the only thing that keeps them coming back to that moment on the corner.

Sunday

2 p.m. Lord Of The Rings: The Two Towers, PG-13
6:30 p.m. Catch Me If You Can, PG-13

6:30 p.m. The Banger Sisters, R, starring Goldie Hawn and Susan Sarandon. Lavinia and Suzette, former rock groupies and best friends, reconnect after 20 years; one is still as wild as ever, while the other has adopted more conservative lifestyle.

Illestyle.
Tuesday
6:30 p.m. Brown Sugar,
PG-13
Wednesday
6:30 p.m. Catch Me If You
Can, PG-13

6:30 p.m. Catch Me If You Can, PG-13 Editor's note: The Pine View

theater is scheduled to be closed until March 2003 for renovations.



Photo by Maj. Francisco G. Hamm

Baby New Year

Matthew Caden Robinson was born Jan. 1 at 4:29 p.m at the RAF Lakenheath hospital. He was 7 pounds, 10 ounces and 19.5 inches. The proud parents are Senior Airman Matthew Robinson, 494th Fighter Squadron life support section, and Airman 1st Class Jenny Robinson, 493rd Fighter Squadron life support section.

NOV. 1, 2002 PAGE 22 JET 48 MAGAZINE